

## How did the Early Childhood Mental Health Project begin?

In 2000, a pilot project for children, birth to five years, began in Baltimore City and in a five county area of the Eastern Shore. The goals of the pilot were to:

- Provide prevention and intervention services to children and families before intensive therapy would be needed.
- Identify and work proactively with children who may have developmental, social, emotional, behavioral, or physical concerns.
- Help young children to acquire the social and emotional skills necessary to enter school ready to succeed.
- Refer children and families in need of mental health services to appropriate support programs.

As a result of the successful pilot projects, more than \$2.5 million has been appropriated to expand the Early Childhood Mental Health Consultation (ECMHC) Pilot Project to all regions of the state.



## Local Early Childhood Mental Health Projects by Regional Jurisdiction

### **Anne Arundel, Champs Program**

410-222-1720

### **Baltimore City, Early Intervention Project**

410-685-5150 ext. 226

### **Baltimore County/Abilities Network**

410-828-7700

### **Carroll, Child Care Choices, PERKS**

410-751-2917

### **Frederick, Child Care Choices, PERKS**

301-662-4549

### **Harford/Cecil / Abilities Network**

410-828-7700

### **Howard County Care Center**

410-313-2273

### **Lower Shore Early Intervention Program**

410-677-6590

Somerset County • Wicomico County  
Worcester County

### **Montgomery County Child Link**

240-777-4769

### **Prince George's Project WIN**

301-772-3607

### **Southern Maryland Project Right Choice**

301-290-0040

Charles County • Calvert County  
St. Mary's County

### **Upper Shore Project Right Step**

410-822-5400 ext. 321

Caroline County • Cecil County  
Dorchester County • Kent County  
Queen Anne's County

### **Western Maryland APPLES for Children**

301-733-0000

Allegany County • Garrett County  
Washington County



### **Maryland State Department of Education**

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Office of Child Care  
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Baltimore, Maryland 21201 • 410.767.6546

# The Maryland Early Childhood Mental Health Project

Help for families and child care providers of children birth to five who have developmental or behavioral needs

Is Your Child . . .

- Acting out?
- Not responding to directions?
- Slow to learn, walk or talk?
- Coping with a disability?
- Having attachment issues?
- Injuring themselves or others?
- Having difficulty playing with others?

## Do you need help?

Families and child care providers know that often a child may need just a little help to thrive, but many don't know how to help or get help for their child. Are you in a similar situation?

Does your infant, toddler, or preschooler:

- Act out frequently?
- Show inappropriate behavior?
- Appear unusually stressed?

The Maryland Early Childhood Mental Health Project may be just what you need.

## What services are available?

In each region of the state, consultant services are available to help child care providers and parents to work with their children who have problematic social and emotional behaviors. Assistance is also available to help family child care homes and centers to redesign their space and/or programs to better support the social and emotional needs of young children.

The major goals of the project are to help children stay in their current child care placement and to be able to enter school ready to learn. The vast majority of children served through this project are able to remain in their current child care settings, change their behaviors significantly, and learn to handle their emotions.



## How can I get these services for my child?

A concerned parent or child care provider may contact the local child care agency in their area. Staff will work to identify the needs and propose a course of action for the child. Sometimes, sound early childhood practices help child care providers and parents to address the child's needs more effectively. The staff can provide the information that you need to get services for your child (contact information on back of brochure).

If necessary, the children and families are linked with other support services in the community, such as parenting programs or health services.

If you need assistance in working with your child, a child in your care, or would like to have a child care program evaluated to better support young children's social and emotional development, the Maryland Early Childhood Mental Health Project can provide the help you need.



## Who can receive services?

Services can be provided for individual children or to a child care facility. Services that are currently available to parents and child care providers include:

- Consultation
- Intervention strategies
- On-site observation
- Mentoring
- Training for parents and caregivers.

Referrals for more intensive intervention services will be provided if needed.

## Who provides the services?

Each regional project is comprised of a collaboration of local child and family service providers. Project partners include:

- Child care resource and referral centers
- Child and family services agencies
- Core service agencies
- Head Start
- Infant and Toddler Programs
- Judy Centers
- Local Management Boards
- Public School Systems
- Other child-focused public and private agencies

Through these partnerships, services may be offered for individual children, a child care center, family child care home, or referral for therapeutic intervention.